



Jane E. Lawton Community Recreation Center

55+ Active Adult Programs

October 2018 Program Highlights



Pickleball

Pickleball is in full swing in our indoor court as the summer season wraps up and moves into fall! Come out to play on Monday, Thursday or Friday!

More Fun 55+ Active Adult Activities!

- ♦ 55+ Bone Builders and Bone Builders Plus (registration required)
- ♦ Senior Shape
- ♦ Hatha Yoga & Stress Management
- ♦ Widower's Support Group
- ♦ Easy Yoga
- ♦ Daily access to Exercise Room.
- ♦ **Upcoming Talks:** Falls Prevention Awareness



Senior Program

Coordinator:

Barbara Hulin

Center Director:

Jordan Henson

Assistant Director:

Sharon Pitt

Address:

4301 Willow Lane
Chevy Chase, MD

Phone:

240-777-6922

Hablamos Español

Center Hours:

Monday-Thursday
9:30 AM– 9 PM

Friday-Saturday
9:30 AM-5 PM

Sunday
1:00-5:00 PM